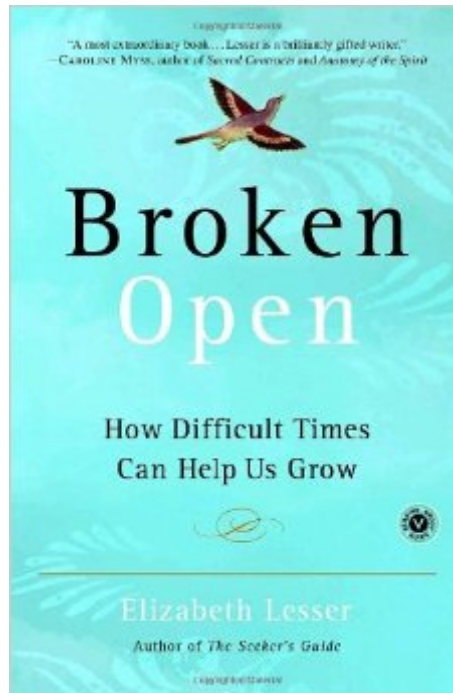


The book was found

Broken Open: How Difficult Times Can Help Us Grow



Synopsis

In the more than twenty-five years since she co-founded Omega Institute - now the world's largest center for spiritual retreat and personal growth -Elizabeth Lesser has been an intimate witness to the ways in which people weather change and transition. In a beautifully crafted blend of moving stories, humorous insights, practical guidance, and personal memoir, she offers tools to help us make the choice we all face in times of challenge: Will we be broken down and defeated, or broken open and transformed? Lesser shares tales of ordinary people who have risen from the ashes of illness, divorce, loss of a job or a loved one - stronger, wiser, and more in touch with their purpose and passion. And she draws on the world's great spiritual and psychological traditions to support us as we too learn to break open and blossom into who we were meant to be.

Book Information

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#240 in [Books > Self-Help > Motivational](#) #368 in [Books > Self-Help > Personal Transformation](#)

Customer Reviews

When I had to place my partner of eighteen years in assisted- living this summer,I felt such sorrow, guilt and despair that I barely functioned in my professional job. I would cry for hours, letting the phone ring when I couldn't compose myself enough to speak. At only 56, my partner had a massive stroke, followed by two more. By January of this year, she was showing all the signs of dementia. When I knew she could not live with me any more, I was heart-broken and tortured by guilt. A friend invited me to visit her, and I noticed the title of a book laying on my friend's bedside table,"Broken Open". That really described me.I began to read it, and I spent much of my visit finishing it!Suddenly I knew I would eventually move through all this awfulness and out the other side.Lesser's image of the Phoenix rising from the ashes resonated with me, for ashes was an apt metaphor for my life then.So I began to follow the path Lesser lays out for the reader. She combines the use of

emotional and spiritual growth tools that can lead toward healing and growth. I was not able to feel the Phoenix in me when I opened these pages the first time. But after many readings of this gentle and sometimes humorous book, I'm on my way to owning such strength. I read many of the other books Lesser recommends to the reader. I also prayed, meditated, and kept going to therapy. But this book started the whole miraculous passage toward recovery. Elizabeth Lesser, with her poetic and supportive writing, held my hand, week after week. Her words created a virtual hologram that held me when I cried, and patted me softly as I raged. Lesser's loving mission for this book must have been to help the reader see how she is feeling normal fear and pain that comes with crisis.

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